



Dear Families,

Assessment and Rating- On the 6th of September the Centre undertook its Assessment and Rating. Overall the day went really smoothly. Jodie spent some time in each of the rooms and watched the programs that the centre implements. She also spent time in the office speaking with Suzie the Educational Leader, Barbara and Holly about Belford Oaks. We should be receiving our results some time in the next two weeks.

Belford Ball & Art Show- On Saturday the 24th of November we will be having our first ever Belford Ball. In conjunction to the Ball we will also be having an Art Show. Over the next two months the children will be working on both an individual art piece which will be available on the night to purchase and developing a group piece for each room which will be auctioned off on the night. We are hoping to see everyone there for a fun filled night!

Kew Traffic School Fundraiser- On Saturday the 20th of October between 9:15am and 11:15am we will be having a Kew Traffic School fundraiser. All families are welcome to attend. There will be a variety of food available so just bring along your children's bikes and scooters and have a fun filled morning.

Kinder Graduation- The 2018 Kinder Graduation will be on Thursday the 6th of December from 2pm. The children in the Kinder room are already hard at work getting ready for this exciting day. After the graduation ceremony there will be an afternoon tea provided for everyone.

Children's Christmas Party- On Friday the 14th of December we will be having our annual children's Christmas Party. This will commence at 5:30pm and finish around 7:30pm. We will be having a special visitor come to see us as well as children's entertainment and a sausage sizzle. We will have cordial available but please feel free to bring your own drinks on the evening. Each year our special visitor presents each of the children with a book. We ask that if you wish for your child/ren to receive a book that you bring it wrapped and labelled with your child's name to the centre by Wednesday the 12th of December. If you have any questions please come and see me.

Thank you

Barbara Brown

UP COMING EVENTS:

OCTOBER:

Wednesday 31st Halloween Dress up Day
Wednesday 31st- Belford Oaks Annual General Meeting

NOVEMBER:

Tuesday 6th - Melbourne Cup Day- **CENTRE CLOSED**
Wednesday 28th- Belford Oaks Committee Meeting

DECEMBER:

Thursday 6th- Kinder Graduation
Friday 14th- Centre Christmas Party
Friday 21st- Last Day- **CENTRE CLOSSES AT 6PM**



SUN PROTECTION

Purpose

The Sun Smart policy has been developed to ensure that all children and Educators are protected from damaging levels of Ultraviolet (UV) radiation from the sun.

This policy will provide guidelines to ensure:

- Ensure all children, educators and staff are well protected from too much UV exposure by using a combination of sun protection measures during the daily local sun protection times (issued whenever UV levels are 3 and above).
- Ensure the outdoor environment is sun safe and provides shade for children, educators and staff.
- Ensure children are encouraged and supported to develop independent sun protection skills.
- Support duty of care and regulatory requirements.
- Support appropriate OHS strategies to minimise UV risk and associated harms for educators, staff and visitors.

Policy

Belford Oaks CCC recognises the high risk of skin cancer in Australia and will undertake and assist families in the following procedures to minimise this risk.

The sun protection measures listed below are used for all outdoor activities **during the daily local sun protection times** (issued whenever UV levels are 3 and above), typically from September to the end of April in Victoria.

Our Sun protection strategies include:

- Educators will notify parents about when the UV levels are beginning to rise and sun protection is required
- All Educators and children use a combination of sun protection measures for outdoor activities, including; hats, clothing, sunscreen and shade.
- Babies under the age of 1 year old will be kept out of direct sunlight and Belford Oaks CCC will provide suitable sunscreen for this age group

Hats:

- Parents are required to provide a, clearly labelled, hat for their child. This hat needs to protect the child's face, neck and ears. E.g. legionnaire, broad rimmed or bucket hats. For babies we ask that the hat also has a chin strap attached.
- In the event that a child continuously attends the centre without an appropriate hat, the centre will provide a Belford Oaks hat for \$20 which will be charged to parent's accounts.

Shade:

- The Centre will provide sufficient shade to provide adequate sun protected areas
- The staff will endeavour to provide activities in shaded areas
- Children who do not have appropriate hats or sun protective clothing will be provided with centre spare clothes and hats



Clothing

- Children are encouraged to wear appropriate clothing to protect them from sun damage. Tops with elbow length sleeves, and if possible, collars and knee length or longer style shorts and skirts are best. We ask that all times, children's shoulders are covered.

Sunscreen

- Parents are encouraged to apply SPF 30+ broad spectrum, water resistant sunscreen to their child prior to attending the Centre if arriving after 9:00am. Educators will advise families on when the UV is rising above 3 earlier in the day so that this process can begin. (Please note this is typically from September to the end of April in Victoria.)
- Belford Oaks CCC will provide SPF 30+ broad spectrum, water resistant sunscreen, which must be applied to the children in the morning and afternoon, at least 20 minutes before children head outdoors. Staff at Belford Oaks CCC will ensure reapplication of sunscreen after two hours if required
- Children with allergies to sunscreen will need to provide their own appropriate sunscreen
- Where possible, outdoor play between 11:30am and 3pm on hot summer days will be avoided.

Times may vary due to Educator's discretion

- Educators will ensure children are provided with adequate cool water to maintain adequate hydration throughout the day

Role Modelling

- Educators will model Sun Smart behaviours and practices by wearing hats at all times while outdoors, as well as wearing sunscreen and appropriate sun protective clothing

Sharing information about sun protection

- Families will be provided with information on sun protection through newsletters, emails and notice boards
- Learning about skin and to protect skin from the sun is incorporated into planned experiences

Let us begin the newsletter by welcoming Flynn and Lucas to the baby's room and the Belford oaks family.

Over the last couple of months in the baby's room the children have developed and grown in leaps and bounds. New interests and capabilities have emerged and become apparent and we continue on our journey for holistic growth and development.

2 main focuses within the room have been role /imaginative/dramatic play and language and literacy exploration.

Role/imaginative play – The children have been absolutely loving this kind of play and they each engage in this kind of experience at least once a day at different times and occasions. To cater for all of the children and their likes, dislikes and interests we have multiple experiences set up within the room to extend on this theme; we have the home area, the doll's house, the airport and the cubby house in the outdoor environment. This kind of play encourages the children to explore different identities and points of view, it broadens their understanding of the world around them, encourages them to recognise they have the right to belong to many communities and builds on their social experiences to explore other ways of being. We will continue to offer a range of imaginative play environments and foster the children's learning through creating aesthetically pleasing experiences.

Language & literacy – The children have responded incredibly well to the addition of a group time.

This engagement in a shared experience takes place before lunch. The children are encouraged to employ their agency and decide for themselves whether they will be joining the group or not.

Although not all of the children make the choice to join the group and sit in the book area, the children who continue to engage elsewhere are still exposed to the rich language exploration as they are able to still listen as they play. Through both spontaneous and planned language exploration the children are able to listen and respond to sounds and patterns in speech, stories and rhymes in context, view and listen to printed, visual and multimedia texts and respond with relevant gestures, actions, comments and/or questions, sing chant rhymes, jingles and songs and take on roles of literacy and numeracy users in their play.

Over the last couple of months we have also spent time creating our Father's day gifts. Planned to be an extension of the learning the children have been engaged in involving art, the children responded positively to the experience and contributed enthusiastically. The children's peers watched on in wonder as they each created marks using paints and engaged in the rich form of self-expression.

We are strong believers in barefoot play and the benefits it offers, so as we progress into the warmer & drier weather we will be encouraging the children to make the choice as to whether they would like to wear their shoes or not. If you would like to read more on this theory please visit www.natureplayald.org.au. Also just a quick reminder that as it is now spring and we will hopefully be seeing some nicer weather we will also be requiring a hat for your children to wear while at the service. We of course still provide sunscreen but if your child/ren has an allergy or sensitivity please make us aware of this and provide an alternative product.

Thank you

Suzie, Maddi & Rachel

Dear Families,

Welcome to our Term 3 newsletter. It is wonderful to continue to see the children grow and learn with in the environment at Belford Oaks.

Over the past couple of months the children have been assisting in taking care of a Gecko that was found in the centre. The children have observed the gecko loose its tail and have watched as the tail has grown back. The children noticed and assisted in replacing the water and learnt about what the gecko eats. Through this the children are assisting in looking after the gecko, showing care for other living things, noticing and responding to change and learning about the geckos habitat.

Coach Luke has continued to be a favourite experience. The children have learnt different ball skills like AFL and Soccer. They have engaging in a variety of different games like- Giants Treasure, Banana Split and Fruit Salad. Through Coach Luke's Program the children learn about different sports, engaging in group games, turn taking, ball skills, following instructions and learning about the enjoyment of sports.

We have begun extending on the children's interest in literacy. All year the children have thoroughly enjoyed reading stories and we are extending on this by providing opportunities for the group to explore letters- magnet letters and boards and flash cards, Story telling with puppets and providing a variety of different books for them to explore.

We understand that Melbourne's weather can be all over the place with some days being hot and some being cold. We ask that you provide a variety of clothes to accommodate the changing weather conditions. As the UV is now continuously above three, over sun smart policy requires all children to wear both hats and sunscreen. Even though some days are extremely cloudy and cold the Ultra Violet rays are still high and the children must be protected against this.

Self help skills: This has been a focus for the 2-3 room throughout the year. Some of the main things we have been focusing on are- dressing and dressing, toilet training, serving selves at meal times, applying their own sun screen and beginning to be responsible for their own belongings. Through the development of self help skills the children are able to develop problem solving skills, communication, learning, develop skills to follow instructions and feel a sense of accomplishment.

Allowing children to attempt to do things for them selves builds on the their independence and resilience when faced with challenges.

Over the next few weeks we will begin working on our Art Show pieces for the Belford Ball. The children will have the opportunity to do an individual piece and take part in a group piece. We hope to see everyone there.

If you have any questions please come and see one of the room educators.

Thank you

Holly, Sebile and Marina

Welcome,

The kinder children have had a fantastic third term, with the children really leading the way in what they want to learn about.

The children have had an interest in life cycles. We explored the life cycle of the honey bee through discussions at group time, reading books on how they make honey, painting the honey bee and making a bee's nest out of yellow construction paper which was created by a group of children collaborating together.

We also planted some strawberries and snow peas with Lisa one of our kinder parents! The children really enjoy planting and looking after their vegetable gardens. They often water the gardens as well as using worm wee, which is collected from the worm farm on a weekly basis. The children also enjoy composting and looking after the worms in the compost bin. Next term we will also be planting sunflowers, which will be a part of our art show.

Painting has been a very popular experience. They have been painting some beautiful masterpieces and through this popular experience the children will be painting sunflowers for the Belford Oaks Art Show, which has been inspired by Vincent Van Gogh. Following on from this we will in Term four take an excursion to the National Gallery of Victoria where the children will participate in a variety of experiences.

All the children are enjoying sport with Coach Luke. The fun-filled high-energy sessions have challenged the children in many areas. Their confidence levels are growing steadily as they learn and practice new skills.

Music with Ally from Hey Dee Ho has been wonderful. Ally has engaged the children in a range of interactive experiences using props and costumes. There has been fun and laughter as the children moved their bodies through the environment confidently and safely.

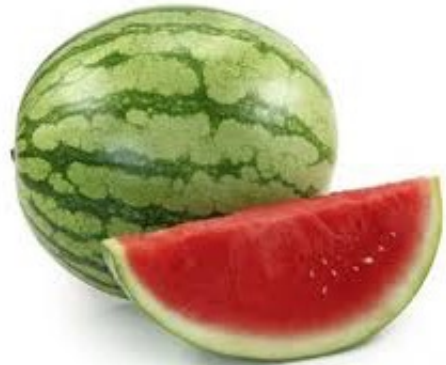
Cooking is an essential part of the kinder experience- we made cupcakes and a whole part spread for when we sadly said our goodbyes to Jill. The children have also been making dumplings with our student teacher Nick. We can really tell the difference now, with the children patiently waiting their turns and having a chat with their friends and helping each other.

Once again we thank all of our families for the endless support to our program!

Connie, Anna and Beth

Watermelon

- ❖ Health benefits of Watermelon:
- ❖ Helps you stay hydrated
- ❖ Contains nutrients and vitamins
- ❖ Improves heart health
- ❖ Keeps hair and skin healthy
- ❖ Improves digestion



Recipe for Watermelon

WATERMELON SORBET

INGREDIENTS

- ❖ 3 c. frozen watermelon
- ❖ 1 tbsp. sugar



DIRECTIONS

- ❖ In a food processor or blender, blend watermelon and sugar until completely pureed, about 5 minutes.
- ❖ Scrape mixture into a 9 -x-9" loaf pan and freeze until solid, at least 4 hours.

Dental discussion

- ❖ You need food to help your body grow, play and think. Just like a car needs petrol to move you need food to help you move.
- ❖ 'Everyday' foods can be eaten everyday because they are good for you. They give you energy so you can grow, play and think.
- ❖ 'Everyday' foods are fresh fruit, cheese, vegetables, sandwiches and soups.
- ❖ 'Sometimes' foods have a lot of sugar.
- ❖ Sugar can make holes in your teeth and make them sore.
- ❖ 'Sometimes' foods are lollies, biscuits, cakes, chocolate, muesli bars.
- ❖ 'Sometimes' food should be kept for special occasions like birthday parties.

